



Spring Calendar

NOR is located in Carney Park.
Mon, Tue, Thu & Fri: 0900-1800, Wed: 1100-1800
Sat: 0900-1700, Sun: 1000-1700

Overnight & Long Weekend Trips

**Spaces are limited!
Sign up now!**

Overnight Camping in the Abruzzi National Park



**Saturday-Sunday,
April 29-30**

Enjoy two days of trekking & overnight camping in the beautiful Abruzzi National Park.

\$89 includes:

- transportation
- camping equipment
- evening B-B-Q
- morning breakfast.

Sign up by Wednesday, April 19.

Amalfi Coast Weekend Trek

**Friday-Sunday,
May 12-14**

Enjoy two days trekking the dramatic Amalfi Coast.

\$139 includes:

- transportation
- two nights in a 3-star hotel
- two dinners & a breakfast at the hotel.

Sign up by Friday, April 21.

Lao River (Calabria) Whitewater Rafting



**Friday-Monday,
May 26-29**

(Memorial Day Weekend)

Go whitewater rafting and spend three nights at one of Italy's favorite coastal summer resorts.

\$270 includes:

- transportation
 - rafting fees for three trips
 - three nights in a 4-star hotel
 - breakfast and dinner for three days as well as lunch on Monday, May 29.
- Sign up by Monday, April 24.

Gran Sasso Mountain Hiking



**Friday-Saturday,
June 9-11**

Enjoy two days & nights hiking the highest mountain in the Apennines.

€ 135 includes:

- transportation
- hotel room
- lift ticket
- two days of breakfast, lunch & dinner.

Sign up by Friday, May 5.



BEACH TRIP

Join us for a long weekend
camping in
the **Gargano National Park**.
Friday-Sunday
June 23-25

\$89 includes:

- transportation
- campground fees
- dinner & two breakfasts
- camping equipment, kayaks
& other recreation gear

Sign up by Monday, May 22.

Carney Park 081-526-1579/3396

S.C.U.B.A.!!!

...classes for May & June

- **Open Water Diver**
...start May 2 & June 1
- **Advanced Diver**
...start June 2
- **Nitrox Diver**
...start May 1

for pricing and details call...
081-526-1579/3396



Outdoor Recreation Classes

Archery

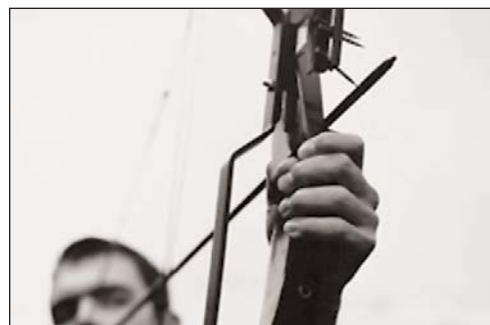
Tuesdays & Thursdays,
5-6 p.m.

April 4, 6, 18 & 20

May 2, 4, 16, 18 & 30

June 1, 13, 15, 27 & 29

Join us to learn the fundamentals or to refine your technique.



The archery lessons in Carney Park are taught by members of the Federazione Italiana Tiro con L'Arco (Italian Archery Federation).

An Archery Instructor's Course is also available for the advanced archer.

\$50 for 10 sessions.
Use of all equipment is included.

Sign up no later than the day before.

Get Certified in only Five Days!

Wed.-Tue., June 21-27

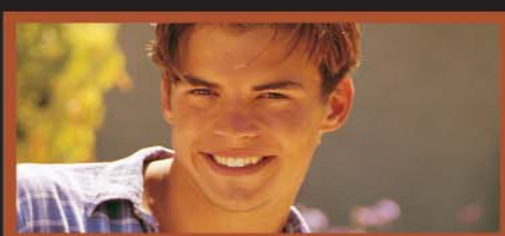
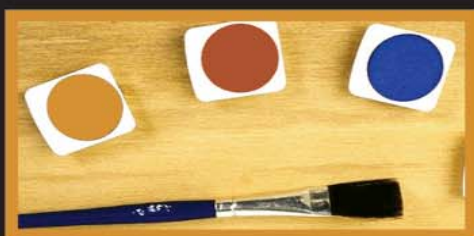
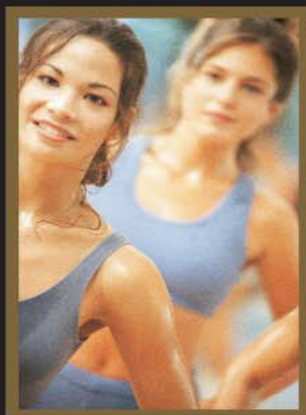
Get all seven dry & five dive sessions in five days!

Also offered:
Intro to S.C.U.B.A.
&

S.C.U.B.A. Refresher Courses

Fitness and Leisure Classes

in Carney Park



- Fit Yoga
- Dance Aerobics
- Total Body Workout
- Beginner Oil Painting
- Dog Obedience/Agility
- Beginner/Advance Guitar

Please call the NOR center for current class schedule and times. 081-526-3396.

Sea Kayaking Trips

by the Campi Flegrei



Carney Park, 081-526-1579/3396

Remember to bring:

- a hat
- sunscreen
- sunglasses
- water

The Posillipo Coast:

Wednesday, May 3

The Bay of Baia:

Monday, May 15

Wednesday, May 31

Monte di Procida

Mondays, June 5 & 26

3-6 p.m.

Cost: \$25

Sign up no later than the Friday before the trip.

Kayaking Workshop

Thursdays, April 20 & 27, May 4 & 11, 4-7 p.m.

Thursdays, June 1, 15 & 29, 6-9 p.m.

Learn the necessary paddling & safety skills as applied to all paddle sports.

Cost: \$25

Sign up no later than five days before the class.

Outdoor Recreation Classes

Horseback Riding

Enjoy this introduction to horseback riding through the "Equestrian Sporting Club" in Agnano.

April 5, 6, 11, 12 & 13

May 9, 10, 11, 16 & 17

June 6, 7, 8, 16 & 17

5:30-6:30 p.m.



At the end of the five-day course, you receive an F.I.S.E. (Italian Horse Riding Club) license that provides you and horse riding establishments with insurance against accident or injury.

Call for details on transportation, doctor's certificate, pricing & stable fees.

Sign up no later than two days before the first lesson of the month.

Outdoor Recreation Classes

Rock Climbing Clinic

Saturday, April 22

Sunday, May 7

7 a.m.-3 p.m.

Learn the basics of Rock Climbing, taught by an AMGA Certified Instructor.

\$30 includes transportation and equipment.

Sign up no later than five days before the class.





\$20
per person
 includes all
 transportation
 except ferry fees.

NOR Center Day Treks

Saturdays: April 22 Mt. Vesuvio-Mt. Somma
May 6 Mt. Solare-Capri
May 20 Scala-Amalfi
June 3 Monte Taburno
June 17 Monte Vergine



Leave No Trace

(Outdoor Ethics Course)

Wednesdays

April 26 & May, 24

9 a.m.-3 p.m.

Improve your awareness & learn the skills of reducing the impact of recreation on the outdoors environment.

Cost: \$10

Open Paintball

private group
parties available



Just show up

At the Paintball Field!

Don't get splattered by our awesome Tippman98 guns!

Sundays, April 9 & 23
May 7 & 21
June 4 & 18
1-4:30 p.m.

\$5pp (field usage); \$5pp (protective gear & marker).

Ages: 15 & up (age 17 & under must be
accompanied by adult & have the liability waiver
signed by parent or legal guardian).



FMI: NOR Center (081-526-1579/3396).

Climbing Wall

Practice climbing on a 25' wall with 3 separate routes.

Wednesdays

4:30-5:30 p.m.

April 5, 19 & 26

May 10 & 24

June 7 & 14

FREE!



Reserve the wall.

\$30 per hour (for a minimum of two hours), and includes staff & equipment .

Please register at least seven days prior.



Hike the Rim of the Carney Park Crater

Catch a ride at the support site Teen Center Bus stop at 10 a.m. and go to Carney Park where you can hike the trails that wind through the woods and up to the rim of the Carney Park crater to view the beautiful bays of Baia and Naples.

Tuesdays, 10 a.m.-2 p.m.

April 4 & 18, May 2, 16 & 30, June 13 & 27

Sign up by 12 p.m. Monday.

\$5 includes transportation.

Ideal for everybody 12 and up (17 years of age and younger must be accompanied by an adult).

Mountain Biking

Bike the trails around Carney Park.

To reserve for FREE use of our mountain bikes call in advance:

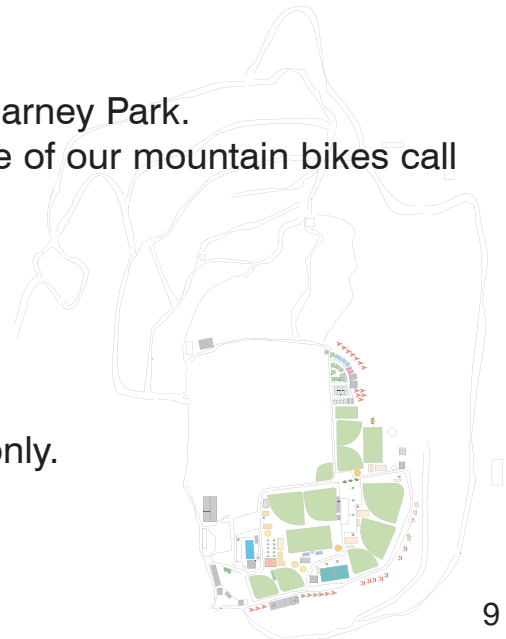
Thursdays, 3-5 p.m.

April 6 & 20,

May 4 & 18

June 8 & 22

Adult size bikes available only.



Upcoming Events

Flea Market

Saturday, April 1

12th Annual Armed Forces Olympics

Friday, May 19

Grand Sasso Overnight Trekking Adventure

Friday - Sunday, June 9-11

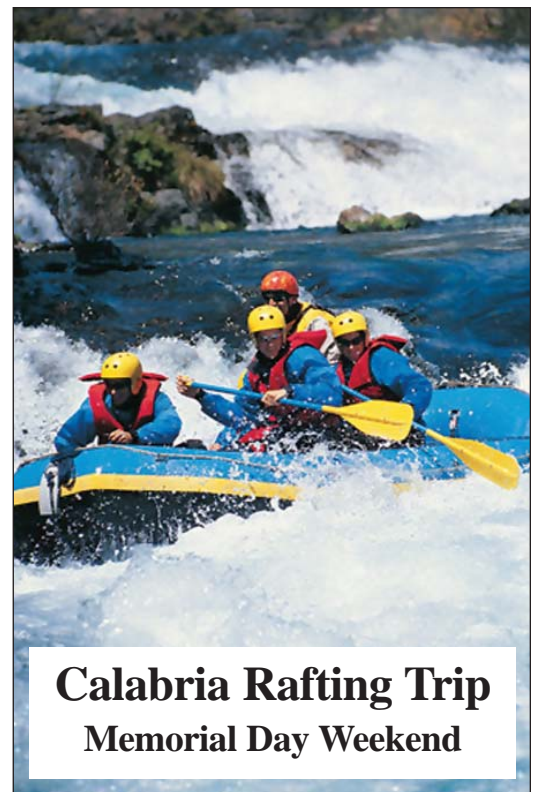
Adventure Race

The Race will be held in late summer. Watch for more details.

Rock Master

First Week of September

The world-wide climbing competition will be held in Arco, Italy, near the Austrian border. Watch for more details.



Calabria Rafting Trip
Memorial Day Weekend

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April						Flea Market 1
Offshore Fishing 2	Adv. Scuba 3	Hike the Rim Archery Scuba 4	Horseback Riding Climbing Wall Adv. Scuba 5	Horseback Riding Free MTB Archery Scuba 6	Adv. Scuba 7	Colli di Fontanella Trek Adv. Scuba 8
Open Paintball Adv. Scuba 9	Offshore Fishing 10	Horseback Riding Scuba 11	Horseback Riding Adv. Scuba 12	Horseback Riding Scuba 13	Adv. Scuba 14	Scuba 15
Scuba 16		Hike the Rim Archery Scuba 17	Climbing Wall 18	Kayak Quickstart Free MTB Archery Scuba 19		Mt. Somma Trek Adv. Scuba 20
Open Paintball Scuba 21		Scuba 22	Climbing Wall LNT 23	Kayak Quickstart 24		Abruzzi Camping Scuba 25
Abruzzi Camping 26						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Nitrox Scuba 1	Hike the Rim Archery Scuba 2	Kayak: Posillipo Coast Nitrox Scuba 3	Kayak Quickstart Free MTB Archery Scuba 4		Capri Trek 6
Open Paintball Scuba 7		Horseback Riding Scuba 9	Horseback Riding Climbing Wall 10	Kayak Quickstart Horseback Riding Scuba 11	Amalfi Coast Two-Day Trek Nitrox Scuba 12	Amalfi Coast Two-Day Trek Scuba 13
Amalfi Coast Two-Day Trek Nitrox Scuba 14	Kayak: Bay of Baia 15	Horseback Riding Hike the Rim Archery Scuba 16	Horseback Riding Nitrox Scuba 17	Free MTB Archery Scuba 18	Armed Forces Olympics 19	Scala-Amalfi Trek Scuba 20
Offshore Fishing Open Paintball Scuba 21	Nitrox Scuba 22	Scuba 23	Climbing Wall LNT 24		Lao River Rafting Trip 26	Lao River Rafting Trip Nitrox Scuba 27
Lao River Rafting Trip 28	Lao River Rafting Trip Offshore Fishing 29	Hike the Rim Archery 30	Kayak: Bay of Baia 31		May	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June				Kayak Quickstart Archery Scuba 1	Adv. Scuba 2	Mt. Taburno Trek Scuba 3
Offshore Fishing Open Paintball Scuba 4	Kayak: Monti di Procida Adv. Scuba 5	Horseback Riding Scuba 6	Horseback Riding Climbing Wall Adv. Scuba 7	Horseback Riding Free MTB Scuba 8	Gran Sasso Trip Adv. Scuba 9	Gran Sasso Trip Scuba 10
Gran Sasso Trip Adv. Scuba 11		Hike the Rim Archery Scuba 13	Horseback Riding Climbing Wall 14	Kayak Quickstart Horseback Riding Archery Scuba 15	Adv. Scuba 16	Mt. Vergine Trek Scuba 17
Offshore Fishing Open Paintball Adv. Scuba 18		Scuba 20	Condensed Scuba 21	Free MTB Scuba 22	Gargano Beach Camping Trip Condensed Scuba 23	Gargano Beach Camping Trip Condensed Scuba 24
Gargano Beach Camping Trip Condensed Scuba 25	Kayak: Monti di Procida 26	Condensed Scuba Hike the Rim Archery 27		Kayak Quickstart Archery 29		

OFFSHORE FISHING

Carney Park NOR Center

The fishing excursions take place off the coast of Gaeta. The boat is a 30 ft cabin cruiser with wc. The cost is \$55 for adults and \$25 for children under 12. Please note that fishing trips may be cancelled or rescheduled at any time due to bad weather or rough water. Registration is required three days prior to the trip.
Minimum six persons and maximum nine.

- **Monday, April 10**

Species of fish : Sea Bass and Sea Brim
(Fragolini and Orata)

- **Sunday, May 21**

- **Monday, May 29 Memorial Day**

Species of fish : Mackerel (Scombri)

- **Sunday, June 4**

- **Sunday, June 18**

Species of fish : Mackerel (Scombri)

For more information call 081-526-1579/3395 or 3404824101.